

January 2010

# THE FRUIT AND VEGGIE BUZZ

The Newsletter for the Fresh Fruit and Vegetable Program in Indiana



National Nutrition Month® 2010  
American Dietetic Association

Volume 5, Issue 1

## National Nutrition Month

This year we will help schools kick off National Nutrition Month by providing resources and hosting a fruit and vegetable contest through the Learning Connection. Check out pages 3 and 4 of this newsletter to learn more about the Learning Connection and how you can get registered today.

Here are some ideas from the American Dietetic Association website:

- Create a "nutrition quiz corner" with a nutrition question everyday for the entire month of March. Students complete an answer form and place it in a box, which is emptied daily. You may award a daily prize, or enter the name of every contestant who answered correctly in a weekly prize drawing. Prizes could be NNM promotional items.
- Conduct a "Fear Factor" event. Provide unusual vegetables and fruits cut into bite-size pieces. Offer an opportunity to taste and guess the food.
- Contact the local library and schedule a story time, movie, nutrition program or a poster/coloring contest for kids.
- Ask children to begin carefully saving empty food product boxes. Spend some time reading labels and comparing calories, fat, sugar content, vitamins, etc. Expand this into a menu-planning opportunity, with children dividing into teams. See which group can plan the healthiest meal. As a math exercise, add up the calories from various products.
- Celebrate a "Salute to the Troops." Invite local soldiers and veterans to lunch. Serve Hero Sandwiches, Patriotic Potato Salad, All-American Apple and Military Milk.
- Sponsor a pentathlon with entry fee being five cans of food. Contestants will engage in a tug-of-war, run an obstacle course, push-ups, sit-ups, biking, or whatever activities can be accommodated at the location.

[www.eatright.org](http://www.eatright.org)

## Inside this issue:

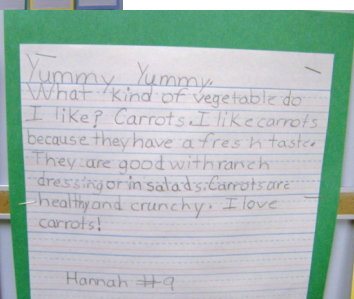
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## Paragon Elementary

Paragon Elementary at MSD of Martinsville has taken the opportunity with the FFVP to implement many nutrition education activities and promote

the program to parents, teachers, and students. Since the beginning of the school year, the school has promoted the program by having multiple bulletin boards; a fruit and vegetable table at open house with FFVP brochures, stickers, and pamphlets; State Fair Day with fresh tomatoes and salsa; and an apple themed table decorated with coloring pages and pencils. The FFVP manager worked with the family service coordinator at Paragon to come up with a survey for the teachers, parents, and students about the FFVP. To encourage parents and students to fill out the survey, some teachers gave the students an extra credit point if they completed the survey. The principal and teachers were enthusiastic about making a difference in these student's lives by promoting healthy eating and living. Way to go Paragon Elementary!



Contact Sarah Kenworthy at [skenworthy@doe.in.gov](mailto:skenworthy@doe.in.gov) to be featured in the next FFVP Buzz.

## Processed or Preserved

There are several precut fruit and vegetable products available to schools that might claim that they are preservative or additive free. The only approved additives or preservatives to precut fresh fruits and vegetables according to USDA are ascorbic acid and citric acid. No other preservatives or additives should be in the ingredients. Some products claim that they are preservative free, but may contain sugar in the ingredients. They have advised us that fruits or vegetables with added sugar, no matter how minimal, is **not** allowable in the FFVP. If a product claims it is preservative or additive free, make sure to check the ingredients before purchasing it. Precut fruits and vegetables with unapproved additives or preservatives will not be reimbursed. Please be careful when purchasing precut fresh fruits and vegetables.

## Game On!

A unique toolkit that makes it easy for schools to help youth and their families learn to eat healthy and be active every day. *Game On!* features four fun, paired activities, or “challenges,” around “Making Better Food Choices” and “Moving More.” The results tell the story: *Game On!* helps increase awareness and leads to behavior changes that positively impact health and achievement.

### *Game On! The Ultimate Wellness Challenge:*

- Engages kids with challenges before, during and after school.
- Engages schools with one-stop shopping for free and low-cost activities and resources to create a healthy school.
- Engages parents and provides programs and information on healthy eating and active living.

<http://www.actionforhealthykids.org/school-programs/our-programs/game-on/>

## Department of Education Opportunities



**HEALTHY HOOSIER SCHOOL AWARD:** FFVP schools are great examples of the Healthy Hoosier School Award recipients placing high priority on teaching students life-long healthy habits. Submit an application for the Healthy Hoosier School Award by **April 1, 2010**. Only one application per school building may be submitted. The online application will be available in early February. For more information go to [www.doe.in.gov/food](http://www.doe.in.gov/food) and click on the Healthy Hoosier School Award icon.

**RECIPE FOR GROWING HEALTHY CHILDREN:** Indiana received a USDA Team Nutrition Training Grant to implement a statewide plan to train child care food service staff on planning and preparing meals and snacks that comply with the Dietary Guidelines for Americans and My Pyramid. These workshops build knowledge and skills in the areas of child nutrition, menu planning, recipes, food preparation and food safety. Check it out: <http://www.doe.in.gov/food/recipe/>

**SENATOR RICHARD G. LUGAR AWARD:** You have the opportunity to publicly recognize employees who make outstanding contributions to school food service. If you know someone who fulfills the selection criteria, you are encouraged to nominate them for the Employee of the Year Award. Entries must be postmarked by **Feb. 26, 2010**. For more information visit [www.doe.in.gov/food](http://www.doe.in.gov/food).

**INDIANA'S 2009 TEAM NUTRITION TRAINING GRANT:** This project will offer training and mini-grants to 30 Indiana elementary and middle schools to implement the Action for Healthy Kids Game On!, and assist schools with the implementation and evaluation of their school wellness policies. The project will be implemented during the 2010/2011 school year, but you must apply by **March 1, 2010**. For more information about this mini-grant opportunity or to view the application, visit: [http://www.doe.in.gov/food/training/Indiana\\_Game\\_On\\_Application.doc](http://www.doe.in.gov/food/training/Indiana_Game_On_Application.doc)

## Success Story

Check out this personal success story written by a parent at Stout Field Elementary, MSD of Wayne Township.

Dear FFVP manager,  
I have a personal success story to share with you. Both of my children are requesting more fruits and vegetables when I go to the store than ever! They seem to try things at school that they wouldn't regularly try at home. From Asparagus to Pineapple, I have been able to hit the produce section hard every shopping trip! Thanks so much for all you do and encouraging our little ones (and adults) to eat healthy!

Sincerely,  
Loving Parent

## Webinar Wednesdays

Check out the School Nutrition Foundation's (SNF) Webinar Wednesdays. SNF has a Webinar Wednesday series **SPECIAL WEBINAR** to offer webinars on topics as varied as whole grains, breakfast programming, equipment, and food allergies. The webinars include specific information which are recorded and archived on the SNF's website. Currently, there are archived webinars that might be beneficial to your school such as Marketing School Nutrition through Fuel Up to Play 60, Managing Food Allergies in Schools: Developing a Policy, and The Whole (Grain) Truth and Nothing but the Truth.

<http://www.schoolnutrition.org/Content.aspx?id=10256>

# Learning Connection

## About the learning connection

The Learning Connection was created by the Indiana Department of Education. Through the Learning Connection, the Department provides student-level data to Indiana classrooms. The Learning Connection also supports professional collaboration between educators across schools and corporations and provides standards-based instruction tools, assessment tools and access to digital content. Within the Learning Connection, communities can be created in order to interact with other professionals and share information.

## About the community

Team Nutrition has created a community for Food Service Directors and other professionals familiar with the Learning Connection to help promote National Nutrition Month, to connect with teachers, and to see if the Learning Connection will be a valuable tool for Food Service Directors. The community, National Nutrition Month, was created to display nutrition resources and activities so that schools/classrooms may choose which activities best fit their schedule for National Nutrition Month and promote Game On from Action for Healthy Kids. The community will also host an elementary classroom fruit and vegetable contest. The winning elementary classroom will receive a certificate from the USDA Power Panther with the local media invited to the event.

## Register

Log into the Learning Connection by going to the following website: <https://learningconnection.doe.in.gov/Login.aspx?ret=/default.aspx>

If a new user, register with the Learning Connection:

**LOG IN**

Username:

[Forgot Your Username?](#)

Password:

[Forgot Your Password?](#)

**NEW TO THE LEARNING CONNECTION?**

If you don't already have access to The Learning Connection, it's free and it only takes a few minutes to register.

When registering as a food service director, principal, superintendent, or teacher, click on educator:

**USER TYPE**

\* What type of account do you want? ☒ Educator ☐ Parent ☐ Student

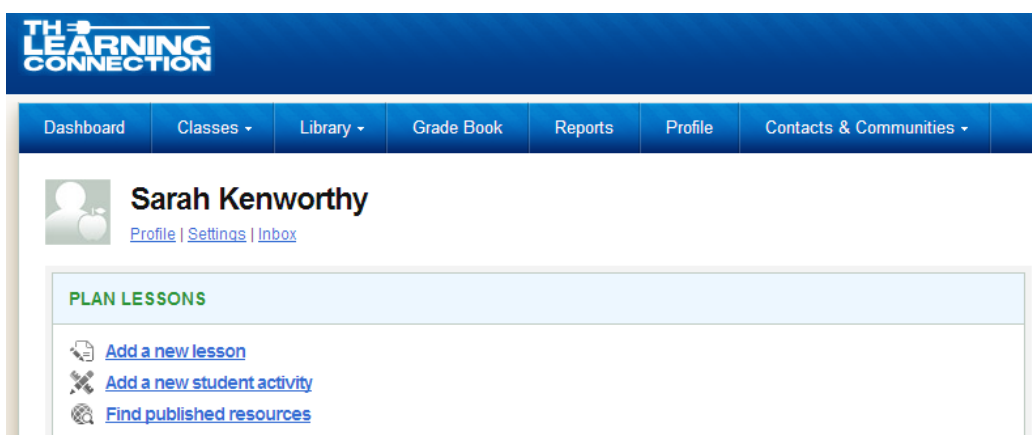
\* Do you have a registration code? ☒ No ☐ Yes

If your corporation or school has registered you within The Learning Connection site, you should have received a registration code.

If your corporation or school has registered with the Learning Connection site, you should have received a registration code. If you have a registration code, click yes. If you do not have a registration code, click no. (If you are not sure, you should contact your school's technology department to see if they have registered you for the Learning Connection.)

Next, enter information about yourself, your corporation or school, create a username and password, and set three security questions. Once the information is submitted, the Learning Connection will send a confirmation e-mail and a link to the terms and agreements for using the Learning Connection. Once agreed to the terms, log into the Learning Connection.

## The Learning Connection



In the Learning Connection, there is a variety of features such as join communities, set up a profile and settings, add friends, and find published resources. Some of the features in the Learning Connection will not be applicable for a Food Service Director.

## National Nutrition Month

To join the Team Nutrition's National Nutrition Month, click on Contacts & Communities at the top of the Learning Connection. In the Contacts & Communities, search for National Nutrition Month.

In the National Nutrition Month community, you will be able to find nutrition activities and resources by clicking on the National Nutrition Month's calendar and going to the month, March. Under the Files tab, there is a fruit and veggie tracker with the instructions on Fruit and Veggie Challenge. Under the Forums tab, start a discussion, ask a question, or get feedback.

For questions or concerns, contact Sarah Kenworthy at [skenworthy@doe.in.gov](mailto:skenworthy@doe.in.gov), 317-232-0857, or 1-800-537-1142 ext. 20857.